

Wellbeing at company Finland

In company we have global and local level wellbeing initiatives. With these programs and activities, we support the physical and mental wellbeing of employees. These actions are part of our more long committed wellbeing management strategies in cooperation with our occupational healthcare (Mehiläinen) and the employment pension company (Varma).

Work ability management is at the core of maintaining a sound environment, nurturing healthy ways of working and recovering, and supporting self-care. When we are conscious about wellbeing and adopt ways to increase it as a community, we believe it also contributes to individuals feeling better both at work and at home.

Find below what we have to offer for your wellbeing.

Cuckoo

Auntie

Recreational activities, hobby clubs, and communities

Wellness area

Cuckoo

Cuckoo is a gamified and social wellbeing platform. Cuckoo motivates you to take active breaks during the workday and do other activities that promote healthy living.

In Cuckoo you'll find over 400 break exercise videos, all designed by a physiotherapist. However, Cuckoo is not just any old break exercise app! In addition to break exercise, you can log other well-being activities in Cuckoo - like taking the stairs or doing work standing up. You can also participate in competitions and win awesome prizes! We will also be able to Cuckoo together by forming teams and challenging colleagues to break battles.

Let's make workdays more fun - jump in and sign up to Cuckoo through the link - [Finnish link](#) / [English link](#)

Auntie

Auntie supports you in coping with everyday issues before they become overwhelming. Auntie's services are suitable for anyone striving for more clarity and direction in their everyday lives, or who are struggling with sleep. Whether you're struggling with stress, loss of motivation or self-leadership, Auntie can help.

Auntie's service packages include five 45-minute personal video meetings with an Auntie professional, psychologist, and the meetings are held according to your schedule. The times for the discussions can be booked flexibly, but not as working time.

There are 15 packages to choose from and the service is offered in over 20 languages.

Company is offering Auntie packages to its employees. More information on the available packages can be found [in English](#) and [in Finnish](#)

Register on the [Auntie website](#) for a package.

Recreational activities, hobby clubs, and communities

Company Finland INSPIRIT is an umbrella organization for recreational activities and fun events at Company Finland including hobby clubs, fun clubs, and Capsters. The purpose of supporting such activities at Company Finland is to promote health wellness within the company and enhance the feeling of comfort and sense of belonging among colleagues.

[Read more about INSPIRIT.](#)

Wellness area

In our office building we have a wellness area that caters to a variety of activities, e.g., swimming, gym, sport hall activities, or relaxing yoga/stretching.

Find out more info and practicalities from the [Wellness area](#) Talent page.